



Newsline

The Newsletter of the Cambridge Council on Aging

806 Massachusetts Ave., Cambridge, MA 02139
Office: (617) 349-6220 Senior Center: (617) 349-6060

JUNE 2006

CAMBRIDGE SENIOR CENTER NORTH CAMBRIDGE SENIOR CENTER

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Senior Center Schedule Note

Please note the following changes to our Monday and Friday schedules: We are now keeping the Citywide Senior Center open for new programming on Monday evenings in an effort to serve new seniors and to provide new opportunities for our current users. We now offer a 5:00 p.m. dinner meal on Mondays as well as evening programs. (See our Events page in this edition for the Country Line Dancing classes starting this month.)

We continue to offer breakfast, hot lunch and programs on Friday mornings. Also from 12 Noon to 5:00 p.m. on Fridays, the center is open for senior drop-in.

There are no schedule changes for any other days.

If you could not attend our recent Citywide Senior Center's open house, stop by and pick up our latest brochure, Cambridge Senior Centers—Program Offerings.

This up-dated brochure lists all the Programs and Classes offered by both the Citywide Senior Center and the North Cambridge Senior Center.

The Class descriptions are broken down for beginners, intermediate and advanced classes. Some classes are free of charge, and many offer a low, affordable fee.

Offerings include Arts and Crafts, Ballroom Dancing, Beano, Book Discussion/Review, Ceramics, Computer Classes, Exercise Classes, ESOL, Line Dancing, Men's Group, Painting, Sculpture, Sobriety Group, and Creative Writing Group.

Our Ethnic programs include African-American Seniors, Asian Seniors, Grandet An Akyson (Haitian Seniors), Latino Seniors, Portuguese Information and Referrals as well as an Elder Russian Elder Program.

Music Programming includes the Asian-American Chorus, the Senior Chorus and Piano lessons.

Stop by for this listing, and we are sure you will find something that fits your schedule and "your passion".

PRESCRIPTION DRUG COVERAGE – WHAT WE KNOW TO DATE

The Cambridge Council On Aging SHINE program can be reached at (617) 349-6220 TTY (617) 349-6050
Mondays: 8:30 a.m. to 8:00 p.m., Tuesdays through Thursdays: 8:30 a.m. to 5:00 p.m., Fridays: 8:30 a.m. to 12 noon
The State SHINE Office can be reached at 1(800) 243-4636 TTY 1(877) 610-0214

***SPECIAL
MEDICARE
PART D
ENROLLMENT
PERIOD***



***FOR THOSE WHO ARE APPROVED
FOR EXTRA HELP***

***NOW THROUGH
DECEMBER 31, 2006***

Extra Help entitles you to a Special Enrollment Period (SEP). You can sign up for a Medicare private drug plan through December 31st and will not have to pay a penalty. Extra Help is available to people whose monthly income in 2006 is below \$1,226 and assets below \$11,500 (\$1,651/income and \$23,000/assets for couples). To apply for Extra Help, get an application from the Social Security Administration or apply online at WWW.SSA.GOV.

Application assistance for both Extra Help and Medicare Part D enrollment is available for Cambridge Residents through the Cambridge Council on Aging's SHINE program.

Contact Caryn Eichenbaum 617-349-6215
ceichenbaum@cambridgema.gov

MEDICARE PART D ENROLLMENT DELAY:

- The next Enrollment Period will be NOVEMBER 15, 2006 – DECEMBER 31, 2006.
- Medicare Part D benefits will begin January 1, 2007.

A 7 percent penalty will be added to the monthly premium for delaying enrollment this year.

FALL SHINE INSURANCE PROGRAM

The Cambridge Council on Aging and the Cambridge City Wide Senior Center will be hosting a fall insurance forum.

We hope to:

- Have representatives from all Medicare Advantage Plans, Medigap Plans, Prescription Advantage, and Social Security.
- Address changes to Harvard Vanguard/First Seniority
- Have on-site capabilities for Medicare Part D enrollment and plan changes, and Extra Help enrollment.

Please be on the look out for details (Date, Time, vendors) in fall issues of Newslines.

HARVARD VANGUARD INSURANCE CHANGES JANUARY 1, 2007

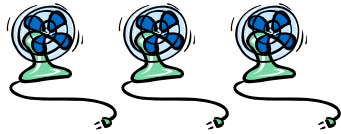
As of January 1, 2007, the physicians associated with Harvard Vanguard Medical Associates will no longer be accepting Harvard Pilgrim's *First Seniority Medicare Advantage* insurance plan.

Patients who wish to retain their current doctors and who are enrolled in First Seniority will have to change insurance plans. You will be able to identify what insurance your doctors will be accepting in early Fall of 2006.

First Seniority's Customer service number is 1(800) 421-3550.

***WE WILL OF COURSE KEEP YOU UPDATED AS
WE RECEIVE MORE INFORMATION.***





KEEP YOUR COOL IN THE HEAT

Hot weather can place a dangerous strain on your body, especially on your heart. Heat stress can cause many medical problems. Taking a few precautionary steps against heat stress and learning what resources will be available in the event of a heat wave can mean a more comfortable and safer summer.

Temperatures above 90 degrees, especially when combined with high humidity, place a strain on your body. Your chances of getting sick in hot weather are increased by a weak or damaged heart, hypertension, circulatory problems, diabetes, a previous stroke, infection or fever, diarrhea, alcohol consumption, skin disease or sunburn, or being overweight.

Certain prescription drugs can make you much more vulnerable to the heat. If you take medicine for high blood pressure, nervousness, depression, poor circulation or sleeping, check with your doctor or pharmacist for advice.

During hot weather, most people feel uncomfortable, and may notice a lack of energy or loss of appetite. These are mild signs, and unless they last a long time, there is no need to be alarmed. Take steps to cool down and you avoid more serious effects of the heat.

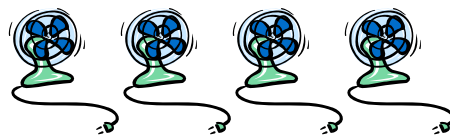
However, if you or someone you know experiences any of the following serious signs, bathe with cool water

and seek medical advice immediately: dizziness, rapid heartbeat, diarrhea, nausea, throbbing headache, dry skin (no sweating), chest pain, great weakness, mental changes, breathing problems or cramps.

The Cambridge Council on Aging will serve as the main number for individuals to call for information and assistance in the event of a heat emergency. A staff person will provide information on preventive steps to avoid heat stress and coordinate with available community resources to link you with the assistance you need.

The Cambridge Senior Center, 806 Mass. Ave. and the North Cambridge Senior Center, 2050 Mass Ave. offer 'cool shelters' where Cambridge elders are welcome to come and cool off. The Cambridge Senior Center is open Monday 8:30 a.m. – 8:00 p.m., Tuesday – Fridays 8:30 a.m. – 5:00 p.m., weekends 8:30 a.m. – 1:00 p.m. The North Cambridge Senior Center is open M-F, 8:30 a.m.– 5:00 p.m. When there is a formal heat emergency, the Citywide Senior Center extends its hours. To see if a formal heat emergency has been declared, please contact the Council on Aging at 617.349.6220. If you are a senior who is low income, and who does not have a fan, and has difficulty affording one, please call and ask for Caryn, Liz or Susan at 617.349.6220.

Seniors, who have received a fan within the last 3 years, will be ineligible, unless special circumstances deem it necessary.





Mt. Auburn Cemetery
"America's First Garden Cemetery"
By Liz Seelman

On April 27th, I accompanied the North Cambridge Senior Center on a trip to Mt. Auburn. It was a small group with a few people doing a taped tour on the bus and the rest of us going on a walk with 2 guides. The weather was perfect and the flowers and trees were in all their glory.

Something for everyone! One of the highlights for me was learning more about some of the well known people buried there. Fannie Farmer! I had no idea her greatest contribution was being the first to *measure* the ingredients for cooking. She felt more people could succeed with a little guidance. Most didn't have the luxury to experiment! The notable burials there are very impressive: from Isabella Stewart Gardner to Felix Frankfurter, from Mary Baker Eddy to Colonel Robert Gould Shaw.

One of the participants remembered a plane crash happening there, and sure enough, the guide showed us where the plane had destroyed a monument and told us when it happened.

I asked about the vernal pool that I always visit to look for salamander eggs. After the first spring rains, salamanders migrate, crossing roads or anything else in their paths to get to a pond. Vernal pools dry up later in the summer so fish can't live there. This helps protect the eggs. The guide said that they carefully monitor the site with the help of Harvard students. The salamanders that live there are an endangered species. Every effort is made to protect them.

Bird watching is a very big activity at Mt. Auburn. Lists are kept for visitors and a checklist of bird species is available. Last week a golden eagle made a brief visit! There are frequent walks for bird watching.

The tree collection at Mt. Auburn, which was established in 1831 by the Massachusetts Horticultural Society, is incredible. Each of the more than 5,000 trees is labeled and identified, including when it was planted if known. Some of the more spectacular are the huge beech trees and the graceful, drooping *dissectum* Japanese maples.

Everyone seemed to enjoy the trip. We followed up with a lunch in Watertown. (Most of us chose the Old Country Buffet.) The director of North Cambridge, Vincent McCarthy, has been trying to find spots of interest that can be part of an easy day trip.

I hope all of you have a chance to visit Mt. Auburn. Events and walks are usually listed in the Chronicle. Call the Mt. Auburn at 617.547.7105 for information and special events. *****

*Mt. Auburn Cemetery
Continued
By Liz Seelman*



*A Poem by Julia H. Low,
Cambridge*

**Growing Old and Feeling Good at the
Cambridge Citywide Senior Center!**

**Couldn't wait to be sixty on February
twenty-eight,
When bus rides are ten cents
What a grand fate**

**Know what diversity is?
Find it at the Cambridge Center
where seniors of all cultures mix
searching for friendship and a few
laughs**

**Know what fun is?
Come to 806 Mass Ave where
arts and crafts, pool playing and
sounds of music fill the rooms**

**Know how to feel good and smart?
Join keyboard clicking, poetry
reading, language learning, dance
practicing and exercising for good
health**

**Know what harmony is?
Watch us get along and comfort each
other, while overcoming fear and
sorrow**

**While enjoying hot meals prepared by
caring staff**

**I will grow old with time and
feel good at the center
enjoying fellowship, warmth and
respect for many more years in
Cambridge.**

**If you wish to contact the Citywide
Senior Center for a tour and
introduction, please call the front desk
617.349.6060.**

**Cambridge Council On Aging
806 Massachusetts Avenue
Cambridge, MA 02139
617-349-6220**

Mall Shopping Trip Schedule and information

Location	Contact Person	Telephone #	Time Of Trip
<i>First Friday Of Each Month</i>			
411 Franklin St.	Joan Cormier	617-497-6220	9:00 – 12:00
LBJ Apt. 150 Erie St.	Kathleen Connolly	617-499-7109	9:05 – 12:00
24 Decatur St.	Laura Habermann	617-349-6047	9:10 – 12:00
23 Florence St.	Laura Habermann	617-349-6047	9:15 – 12:00
<i>Second Friday</i>			
North Cambridge Senior Center 2050 Mass. Ave.	Vincent McCarthy	617-349-6320	9:00 – 12:00
Burns Apartments 30-50 Churchill Ave.	Diane Zagrodny	617-499-7108	9:10 – 12:00
<i>Third Friday</i>			
JFK Apts. 55 Essex St.	Kathleen Connolly	617-499-7109	9:00 – 12:00
116 Norfolk Street	Nicole Chisholm	617-547-3543 x22	9:05 – 12:00
72 Plymouth Street	Laura Habermann	617-349-6047	9:10 – 12:00
Roosevelt Towers	Jessica Feldman	617-520-6320	9:15 – 12:00
Inman Sq. Apts.	Laura Habermann	617-349-6047	9:20 – 12:00
<i>Fourth Friday</i>			
Huron Apartments 700 Huron Avenue	Gert DiPietro	617-349-6047	9:00 – 12:00

The Cambridge Council on Aging operates the Mall Shopping Shuttle for Cambridge residents, 60 years of age or older. The Council requests a donation of \$1.25, per rider. All transportation inquiries should be made to 617-349-6055. Please leave a message. The three malls that the Council transports to are Cambridge Side Galleria, Meadow Glen Mall, and Arsenal Mall, (there is a set destination each month).

The Cambridge Council on Aging does not discriminate on the basis of disability. We will provide auxiliary aids and services, written materials in accessible formats, and responsible modifications in policies and procedures to qualified applicants and program participants upon request.

Revised 4/06

JUNE EVENTS AT OUR CENTERS

THE CITYWIDE SENIOR CENTER

806 Mass Ave., Cambridge
(617) 349.6060

THE NORTH CAMBRIDGE SENIOR CENTER

2050 Mass Ave., Cambridge
(617) 349.6320

www.cambridgema.gov/DHSP2









Thursday June 1	Town Meeting 12-1 Birthday Party 1-2 Sr Advisory Cmt 1:30-3	Monday May 1	Open Forum 12-1
Fridays June 2,9,23,30	Tea on the Terrace 10-11	Tuesdays June 6, 13, 20, & 27	Social Services 10-2 Call 617.349.6320 for an appointment
Tuesday June 6	Senior Safety 12:30-1:30	Wednesday June 7	Movie: <u>Pirates of the Caribbean</u> 2:15
Thursday June 8	"Keep Walking" Castle Island 9-12	Monday June 12	Low Vision Gr. 10-12 Podiatrist 10-2* Appointment Required
Monday June 12,19 & 26	Country Line Dancing 6-7 \$2	Wednesday June 14	June Birthday Party 2:15
Wednesday June 14	Father's Day Brunch 9-11 Food Served until 9:30	Thursday June 15	Luncheon Cruise "Spirit of Boston" 9-3
Thursday June 22	Luncheon Cruise "Spirit of Boston" 9-3	Tuesday June 20	Sr. Advisory Committee 3-4
Thursday June 15	Bowling Banquet 12:30-2	Wednesday June 21	<u>Movie: Hitch</u> 2:15
Tuesday June 20	Book Review 12:30-1:15	Wednesday June 28	Movie: <u>Good Night and Good Luck</u> 2:15
Wednesday June 28	Fashion Show 12:30-2:30		


Happy Father's Day

From

The Cambridge Council On Aging

June 18 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><i>Happy Father's Day</i> <i>From</i> <i>The Cambridge Council On</i> <i>Aging</i> <i>June 18 2006</i></p>	<p align="center">Newslines Notice</p> <p>Only the calendar and events will be mailed in July and August months. Full Newslines will resume in September.</p>	 <p align="center">Join us for Country Western Line Dancing Mondays 6-7 \$30.00 for a series of 10 lessons.</p>	<p>1. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 Town Meeting 12-1 Birthday Party 1-2  Senior Advisory Committee 1:30-3</p>	<p>2. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Movie 10-11:45 Tea 10-11</p>
<p>5. Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 Ballroom Dancing 1-3 Classic Movie 1-3 Painting 1:30-3/ Cooking 3:30 Beano 1:30-3/Dinner 5:00 Line Dancing 6-7</p>	<p>6. ESL II 9:30-10:30 Chair Yoga 10-11 ESL IV 10:30-12 Senior Safety 12:30-1:30 Latino Group 1-2 Movie 1:15-3:15 Beano 1:30-3</p>	<p>7. Walking Club 9-12 Chinese/English Singers 9:45-11 Sobriety Support Group 10-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>8. Grandet An Aksion 9-2 Keep Walking Castle Island 9-12 Ceramics 9:30-12 Exercise Class 10-11</p>	<p>9. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Tea 10-11 Chinese Movie 10:30-11:45</p>
<p>12. Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 Ballroom Dancing 1-3 Classic Movie 1-3 Painting 1:30-3 Beano 1:30-3 Dinner 5:00/Nostalgia TV Line Dancing 6-7</p>	<p>13. ESL II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Latino Group 1-2 African American Seniors 1-2:30 Movie 1:15-3:15  Beano 1:30-3</p>	<p>14. Walking Club 9-12 Father's Day Breakfast 9-11 Food served until 9:30 Chinese/English Singers 9:45-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>15. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 Bowling Banquet 12:30-2 </p>	<p>16. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Elder Meeting 10:45-11:45</p>
<p>19. Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 Ballroom Dancing 1 Classic Movie 1-3 Painting 1:30-3/Beano 1:30-3 Pizza Party 5:00 Line Dancing 6-7</p>	<p>20. ESL-II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Book Review 12:30-1:15 Latino Group 1-2 Movie 1:15-3:15 Beano 1:30-3</p>	<p>21. Walking Club 9-12 Chinese/English Singers 9:45-11 Sobriety Support Gr 10-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>22. Grandet An Aksion 9-2 Spirit of Boston Luncheon Cruise 9-3 Ceramics 9:30-12 Exercise Class 10-11 </p>	<p>23. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Tea 10-11</p>
<p>26. Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 Ballroom Dancing 1 Classic Movie 1-3 Painting 1:30-3 Beano 1:30-3 Dinner 5:00/Drive-In Movie 5:00 Line Dancing 6-7</p>	<p>27. ESL II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Latino Group 1-2 African American Seniors 1-2:30 Movie 1:15-3:15 Beano 1:30-3</p>	<p>28. Chinese/English Singers 9:45-11 Tai Chi Level I –12-1 Fashion Show 12:30-2:30 Tai Chi Level II- 1:15-2:15 Beano 1:30-3 </p>	<p>29 Grandet An Aksion 9-2 Walking Club 9-12 Ceramics 9:30-12 Exercise Class 10-11 </p>	<p>30 Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Tea 10-11 </p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><i>Newlines Notice</i></p> <p><i>Only the calendar and events will be mailed in July and August months. Full Newslines will resume in September.</i></p>	<p align="center"><i>Happy Father's Day</i></p> <p align="center"><i>From</i></p> <p align="center"><i>The Cambridge Council On</i></p> <p align="center"><i>Aging</i></p> <p align="center"><i>June 18 2006</i></p>		<p>1. Walnut St Group 10-1 Lunch 11:30-12:30 Senior Safety Group 12:30 –1:30 Yoga 3:00-4:00</p>	<p>2. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1:00-4:00</p>
<p>5. Walking Club 10:20-12 Spanish Class 11:00-12:00 Lunch 11:30-12:30 Open Forum – 12:00 Noon Bingo 1:00-3:00</p>	<p>6. COA Social Services 10-2 Lunch 11:30-12:30 Crochet/Knitting /Quilting 1:00-3:00</p>	<p>7. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2:15 <u>Pirates of the Caribbean</u></p>	<p>8. Walnut St Group 10-1 Lunch 11:30-12:30 Yoga 3:00-4:00</p>	<p>9. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1:00-4:00</p>
<p>12. Low Vision Group 10-2 Podiatrist – 10:00-2:00 Appointment needed Walking Club 10:20-12:00 Spanish Class 11:00-12:00 Lunch 11:30-12:30 Bingo 1:00-3:00</p>	<p>13. Social Services 10:00-2:00 Lunch 11:30-12:30 Crochet/Knitting /Quilting 1:00-3:00</p>	<p>14. Citywide Senior Center's Father's Day Breakfast 9-11 Food served until 9:30 Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Monthly Birthday Party 2:15pm</p>	<p>15. Spirit of Boston Luncheon Cruise 9:00am</p>  <p>Walnut St Group 10-1 Lunch 11:30-12 Yoga 3:00-4:00</p>	<p>16. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1:00-4:00</p>
<p>19. Walking Club 10:20-12 Spanish Class 11-12 Lunch 11:30-12:30 Bingo 1:00-3:00</p>	<p>20. Social Services 10:00-2:00 Lunch 11:30-12:30 Crochet/Knitting/Quilting 1:00-3:00 Advisory Board 3:00-4:00</p>	<p>21. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2:15 <u>Hitch</u></p>	<p>22. Walnut St Group 10-1 Lunch 11:30-12:30 Yoga 3:00-4:00</p>	<p>23. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1:00-4:00</p>
<p>26. Walking Club 10:20-12 Spanish Class 11-12 Lunch 11:30-12:30 Bingo 1:00-3:00</p>	<p>27. Social Services 10:00-2:00 Lunch 11:30-12:30 Crochet/Knitting/Quilting 1:00-3:00</p>	<p>28. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2:15 <u>Good Night & Good Luck</u></p>	<p>29. Walnut St Group 10-1 Lunch 11:30-12:30 Yoga 3:00-4:00</p>	<p>30. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1-4</p>

**Our popular Computer classes begin each month. Register NOW for the Basics.
Classes are \$12.00 for the series. It's fun, and easy when you know how.
JUNE 2006 already.**



Did you know?

You can read
NEWSLINES (our
monthly newsletter)
online. Double click on
Internet Explorer.
Type **Council on Aging** in
the Search Box.

Select GO.

Select the link (1.) to
the
Council on Aging
Homepage.

Select

NEWSLINES

Scroll in the left frame
and click to read the
Computer Room
Calendar.

COMPUTER BASICS in four consecutive weeks, (each class is 1½ hours) you will make the mouse your friend, type, insert a graphic, save, and print a letter, and make an envelope or labels. Classes are \$3.00/class or \$12.00 for the series.



MORE WORD PROCESSING Build on Computer Basics 1. Use symbols, use "cut and paste" use the PAINT or DRAW programs to create a newsletter in columns. Classes are \$3.00/class or \$12.00 for the series of four.

INTERNET BASICS in four consecutive weeks (each class is 1½ hours, create an e-mail account, e-mail your friends, and surf the WORLD WIDE WEB. Classes are \$3.00/class or \$12.00 for the series. Computer Basics is highly recommended.

MORE INTERNET BASICS in four consecutive weeks, (each class is 1-½ hours) we will take pictures with the Department's Digital Camera, send them as attachments in e-mails and use them as graphics in Word Documents. Classes are \$3.00/class or \$12.00 for the series. Internet Basics is highly recommended.

**Our popular Computer classes begin each month. Register NOW for the Basics.
Classes are \$12.00 for the series. It's fun, and easy when you know how.**

THE COMPUTER ROOM WILL CLOSE AT NOON ON FRIDAYS

M 5/29	T 5/30	W 5/31	TH 6/1	F 6/2	S 6/3
Memorial Day Honor our soldiers. 	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	More Computer Basics! 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Our computers are available on some Saturdays from 9:30-11:30	Computer Basics 9:00-10:30 10:30-12:00 <u>Senior Center closes at noon today.</u>	Computer Lab 9:30-11:30 Maurice Anderson
M 6/5	T 6/6	W 6/7	TH 6/8	F 6/9	S 6/10
Computer Lab 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Joy and Laughter build the Immune System.	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild <u>Senior Center closes at noon today</u>	
M 6/12	T 6/13	W 6/14	TH 6/15	F 6/16	S 6/17
Computer Lab 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Practice your computer moves on our computers M T, W, F, Sa	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild <u>Senior Center closes at noon today</u>	Computer Lab 9:30-11:30 Maurice Anderson
M 6/19	T 6/20	W 6/21	TH 6/22	F 6/26	S 6/27
Computer Lab 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild Summer begins!	A smile is an act of kindness. 	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild <u>Senior Center closes at noon today</u>	
M 6/26	T 6/27	W 6/28	TH 6/29	F 6/30	July already
CLOSED FOR MEMORIAL DAY	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Register for our popular classes at 1-617 369-6060 x6198	Pick up a July 2006 schedule in the Computer Room <u>Senior Center closes at noon today</u>	

**Cambridge Citywide Senior Center
806 Massachusetts Avenue
Cambridge MA 02139 PH: 1-617-349-6060**

CAMBRIDGE CITY COUNCIL

Kenneth E. Reeves, Mayor
Timothy J. Toomey Jr., Vice Mayor
Henrietta Davis
Marjorie C. Decker
Anthony D. Galluccio
Craig A. Kelley
Brian Murphy
E. Denise Simmons
Michael A. Sullivan

CITY ADMINISTRATION

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City Manager
Richard C. Rossi
Deputy City Manager
Ellen Semonoff,
Assistant City Manager
Department of Human
Service Programs

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Mary Costello
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Edna Stamp
Patricia Toner
Mary Vlantikas

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Bill Ellis
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Jean Ryde
Ruth Sharp
Nancy Smith
Wai Ling Tam

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Susan Pacheco, Director of Client Services,
Portuguese Translation
Elizabeth Seelman, Case Manager
Caryn A. Eichenbaum, Information &
Referral Specialist; SHINE Counselor

Administrative Assistant

Patricia A. Johnson

Senior Aides

June Rooney
Marlene Bumm
Arvilla Sarazen
Myrna Rivera
Lorraine Wade
Anne Robinson
Ila Watson

Elder Haitian Program

Lily Marcelin-Program Coordinator
Dianante Desjardines-Program Assistant

Senior Substance Abuse Counselor

Eileen Rush

Bus Driver

Laura Habermann

Asian Seniors Coordinator

Yolanda Chin

Men's Group Coordinator

James E. Jones

Computer Instructor

Eve Flochild

Newslines

Eileen Ginnetty
Patricia Johnson

Citywide Senior Center

Emma Watkins, Director

Activities & Volunteer Coordinator

Arline McGrady
Angela Owens, Assistant

North Cambridge Senior Center

Vincent McCarthy, Director
Suzanne Eagan-Beverly,
Center Assistant

North Cambridge Senior Center **Meal Site Director**

Jean Roy

Food Service Manager

Julianne King

Assistant Food Service Manager

Santora Cooper

Meals Assistants

Gail Low
Betty Bingham
Teiko Devin

Food Pantry Coordinator/ **Center Assistant**

Lena Bell

Food Pantry Assistanat

Cathy Decker

Facility Manager

Donn Hockman
Department of Public Works

Week-End Activities **Coordinator**